

MIAMI SPRINGS SENIOR CENTER

Residents of Miami Springs, age 60 or older, are eligible to participate in a variety of services and activities offered at the City's senior center.

➤ **CONGREGATE MEALS:** Hot lunch meals are served weekdays from 11:30 a.m.--12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with their peers.

➤ **NUTRITION EDUCATION:** Counseling and nutrition education programs are provided monthly by Stacey Reppas, the program's consulting Registered Dietician, and the Elderly Services Director.

➤ **HEALTH SUPPORT ACTIVITIES:**
The following classes are provided by the Miami Springs Adult & Community School and Instructed by Natasha Salmon-Cogno, Personal Trainer and Certified Yoga Instructor:

- **CHAIR YOGA CLASSES**
Mondays and Wednesdays
9:00—10:30 a.m.
Classes will be held at the Senior Center.
- **"LET'S DANCE!" CLASSES**
Mondays and Wednesdays
10:30 --11:00 a.m.
Classes will be held at the Senior Center.
- **WEIGHT TRAINING CLASSES**
Tuesdays and Thursdays
9:00—9:30 a.m.
Classes will be held at the Curtiss Mansion.
- **FLOOR YOGA CLASSES**
Tuesdays and Thursdays
9:30 --11:00 a.m.
Classes will be held at the Curtiss Mansion.
- **"CELEBRATION" WORKOUT CLASS**
Fridays
9:00 --11:00 a.m.
Class will be held at the Senior Center.

➤ **TRANSPORTATION:** Daily pick up, utilizing the city's mini-bus, is provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to a local grocery store and assistance is given with shopping and carrying- packages. Field trips to area stores and other places of interest are planned each month.

➤ **RECREATION:** Recreational and social activities planned for February include: Bingo games (2/2, 2/9, 2/16 and 2/23); the MS/VG Senior Citizens' Club meeting (2/4); a Valentine's Day Celebration (2/13); and the monthly birthday and anniversary party (2/19).



The Florida Division of Driver's Licenses will be available at the City's **COMMUNITY CENTER** on **Wednesday, February 18th**, from 9:30 am—2:30 pm. to renew **FLORIDA DRIVER'S LICENSES & State ID CARDS**. Check with the Community Policing Office or visit www.GatherGoGet.com for information on the required documentation.



EDUCATIONAL PROGRAMS SCHEDULED FOR FEBRUARY:

"POISON AWARENESS" - Maritza Lopez from Catholic Hospice will provide important information on poison awareness on 2/10 at 12:15 p.m.

"MAYOR'S REPORT" -- On 2/11 at 12:15 p.m., Mayor Xavier Garcia will provide information on recent Council actions and topics of importance to the citizenry.

"CRIME WATCH" PROGRAM -- Officers Jorge Capote and Janice Simon, from the MSPD's Community Policing Office, will conduct the monthly Crime Watch Meeting at the senior center on 2/17 at 12:15 p.m.

DIABETES BINGO -- On 2/25 at 12:15 p.m., the American Diabetes Association, sponsored by Humana, will conduct an informative game of Bingo based on educational facts about Diabetes. Participants will learn about the disease and have fun!

FIELD TRIP

❖ **WAL-MART**
Friday, February 20th
1:15 p.m. -- 5:00 p.m.
\$.50/person
(16 may go)

COMMUNITY SHRED DAY 
Thursday, February 18th
from 4:00--7:00 p.m.
at the Miami Springs Pool Parking Lot

FOR FURTHER INFORMATION
on any of the services and activities
offered by the
City's Elderly Services Department,
please **CALL US!**



(305) 805-5160



**VALENTINE'S DAY
CELEBRATION!!**
Friday, February 13th
Everyone wear red!



CELEBRATING BIRTHDAYS:

Mary K.....	4
Olga M.....	4
Agustin L.....	6
Elizabeth K.....	7
Caridad O.....	9
Maria C.....	9
Guillermina C	10
Marietta M.....	13
Simy U.....	15
Kathleen S.....	16
Juanita G.....	18
Francisco del G.....	20
Juanita C.....	24
Wladimir R.....	26
Maria S.....	27
Olga F.....	28
Ruth P.....	29



CELEBRATING THEIR ANNIVERSARIES:

Frank & Bozena L.....	2/8
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NEW CLASSES TO BEGIN SOON!

(Exact starting dates to be determined.)

All students must be registered to participate in the senior center's congregate meal program.

- **TAI CHI** for SENIORS will be instructed by Judd Zisquit on Tuesdays and Thursdays from 12:30—1:30 p.m. at the Community Center.
- **ART** for SENIORS will be instructed by Amanda Petumenos on Wednesdays from 12:45—2:15 p.m. at the Senior Center.



Monday, 2/ 2
Monday, 2/ 9
Monday, 2/16
Monday, 2/23



The Miami Springs Senior Center and AARP Tax Aide Program will be providing

FREE
INCOME TAX PREPARATION ASSISTANCE
every **TUESDAY AFTERNOON**
SCHEDULE YOUR APPOINTMENT NOW!